WORK SMART, NOT HARD, FOR MONEY, PG 8

Comment pg 7

Perched on the Middle East fence

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NCOUVER • TUES UARY 6, 2009 metronews.ca

Celebrity Buzz

Another baby for Kate?

pg 14

Mother Nature keeping area busy, alert

WEATHER Lower Mainland residents are beginning to feel the weight of all that snow.

Early yesterday, the roof of a pool at a Surrey condo complex collapsed because of the heavy snow. No one was injured.

Later in the day, in New Westminster, students at F.W. Howay Elementary School were moved to a nearby church over concerns that the roof might collapse under the weight of the snow, according to radio station News1130.

The roof was inspected and deemed safe by a structural engineer.

In Vancouver, concerns over possible flooding had more than 800 city employees working to clear snow from storm drains. Heavy rain and warming temperatures are expected over the next couple of days.

The city also appealed to its residents to clear catch basins in front of their homes and to clear sidewalks of snow.

METRO VANCOUVER

Canada pg 4

Feds urge banks to lend

Entertainment pg 13

Duking it out on prime time

Health pg 10

Better skin in a week's time

Please recycle

CHRIS WATTIE/REUTERS

Canada's Thomas Hickey celebrates with goaltender Dustin Tokarski, left, after defeating Sweden 5-1 last night in the gold-medal game of the world junior hockey championship in Ottawa. Canada has won five straight gold. Game coverage page 9

High five!

B.C. players shine as Canada takes world junior title

One Swede victory for Team Canada, two reasons for Vancouver hockey fans to feel excited.

While last night's 5-1 win over Sweden gave Canada its fifth straight World Junior Championship and 11th straight medal, Vancouver Giants forward Evander Kane played another strong game and top Canucks' prospect Cody Hodgson finished tied for the tournament lead in scoring.

Don Hay, Kane's coach with the Vancouver Giants, said every young hockey player dreams of representing his country.

"The players on our team all grew up watching the world juniors," Hay said as he watched the game in his office following the Giants' practice. "Everybody is excited for Evander and the opportunity he's been given. The players all talked about it during practice."

He described Kane, who was born in Vancouver, as your typical Grade 12 student. Yet his life could soon change drastically as he is projected to be drafted by an NHL team in the first round this year.

"The one thing that Evander does very well is he's very hungry to score goals. And he has worked hard to become a complete two-way player for the Giants."

The tournament also left fans of Vancouver's major league team salivating. Hodgson, who was drafted 10th overall by the Canucks last summer, finished with five goals and 16 points.

The 18-year-old, who could soon be in the Canucks' lineup, had two goals and one assist last night to tie fellow Canadian and tournament MVP John Tavares.

In addition to Kane, three other B.C. players were part of Team Canada: Colten Teubert of White Rock, Brett Sonne of Maple Ridge and Jamie Benn of Victoria.

METRO VANCOUVER

Record rematch

- The crowd of 20,380 at Scotiabank Place in Ottawa was a new single-game attendance record for the world juniors, bringing total attendance for the event to 453,282, also a record.
- The game was a rematch of last year's final when Canada defeated Sweden 3-2 in overtime.

No leak as pipeline hit by 4th bomb

JEFF HODSON
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INVESTIGATION A natural-gas pipeline in northeast B.C. has been bombed for the fourth time in three months, RCMP said yesterday.

The explosion did not cause a gas leak, but did damage a metering shed. No one was injured in the blast that was discovered Sunday by EnCana gas-line workers at a wellhead near the hamlet of Tomslake, 30 kilometres south of Dawson Creek.

The RCMP's integrated national security enforcement team is investigating the explosion, the most recent in a string of bombings on gas infrastructure in the Peace River.

On Oct. 7, three letters were mailed from the Dawson Creek Shoppers Drug Mart to EnCana and two newspapers, one in Dawson Creek and one in Chetwynd.

The letters, which were addressed to EnCana and other "oil and gas interests," called for the termination of operations near Tomslake by Oct. 11.

The first of the bombings is believed to have occurred the next day, Oct. 12.

Two more bombings took place on Oct. 16 and 31. Two were on EnCana pipelines and one was on a wellhead. The explosions all occurred early in the morning.

Investigators took the unusual step of creating a website — dawsoncreekbombings.com — with information about the explosions.

They also released photos from the Shoppers Drug Mart surveillance video of people who mailed letters on Oct. 7.

ShareYourViews
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Winter accidents, poor maintenance boosting auto-shop traffic
Business at Lower Mainland body shops is booming thanks to a deluge of snow-related car accidents. Richard at Richmond Auto-Body said 50 per cent of cars he's been working on have no snow grips and bald tires. **NEWS1130.COM**

Local

Mats may make debut

Mats Sundin, left, has travelled with the Vancouver Canucks to Edmonton and may make his debut tomorrow night against the Oilers. Sundin is expected to make a final decision on whether he's game ready early tomorrow during the game-day practice.

METRO VANCOUVER

How to help keep debt in check

KRISTEN THOMPSON
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With a faltering economy, unprecedented job losses and the impending arrival of post-holiday season credit card bills, debt counsellors' phones are ringing off the hook.

Scott Hannah, president and CEO of New Westminster-based Credit Counselling Society, said his organization received 40 per cent more calls at the end of 2008 compared to the same time last year.

"We saw this coming (and) hired additional counsellors," Hannah said.

Hannah offered some tips to get debt under control in a Q&A with Metro:

How have people gotten into debt?

Given the fact that we've had such a buoyant economy for the past five years, people have been living beyond their means. (Now) people are having difficulty paying their bills, and given the state of the economy, they're worried about seeing their situation worsen.

What small things can people do to get out of minor debt?

Track every dollar you spend over the next 30 days, then determine if you're spending more than your income. Don't spend more than comes in.

Look for (small) savings in all your expense categories … and reduce (spending) rather than eliminating it.

What big things can people do to get out of more serious debt?

Get rid of one of your vehicles or trade it in for a less expensive car.

Reduce debts with the highest interest first and consider getting a consolidation loan with set monthly payments.

This will take time, but you'll make progress.

How can people avoid getting into this situation in the future?

Don't spend more on your credit cards than you can pay off over three months.

Monitor your progress every few months and set aside savings for emergencies.

Adopt good money habits and if you're not sure how, get help.

More online

- For more information, visit nomoredebts.org.

Activists hungry for housing in face of Games

JEFF HODSON
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After seven days of fasting with only juice and coffee to drink, Vancouver community activist Am Johal was jonesing yesterday for a brie-and-grape baguette from Finch's Coffee and Tea House.

At noon yesterday, Johal finished the first phase of a hunger-strike relay that hopes to stretch through the 2010 Games to raise awareness about the need for a national housing program in Canada.

"What I went through the last seven days was absolutely nothing compared to what people go through on the streets," said Johal, who shed 11 pounds and was physically exhausted by the fourth day.

He also took part in a polar bear swim during the fast and caught the flu.

JEFF HODSON / METRO VANCOUVER

Social activist Am Johal, centre, with fellow fasters University of B.C. professor Michael Byers, left, and Brent Granby, president of the West End Residents Association, are shown at the Olympic clock in downtown Vancouver yesterday.

Johal, a board member of the Olympic-watchdog group Impact on Community Coalition, said homelessness and the Olympics are connected because the Games represent a significant taxpayer cost.

> **"If we can afford security for a three-week party, we can certainly afford … social housing."**
> Am Johal

"To spend $1 billion on Olympic security while we can't make the same type of federal government investment on social housing — we should be ashamed of ourselves," said Johal. "This is not about being opposed to the Olympics. It's about setting public policy and deciding what is important. If we can afford security for a three-week party, we can certainly afford to invest in social housing."

Johal passed the figurative baton to University of B.C. professor Michael Byers to continue the 'relay' for the upcoming week.

He hopes to get about 60 volunteers to keep the relay running through the 2010 Winter Games.

School overflow frustrates parents: MLA

KRISTEN THOMPSON
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Forcing Yaletown children to attend schools outside their catchment area runs contrary to the concept of the neighbourhood, which was designed to let residents walk to work, shops and schools.

This was the message of Vancouver-Burrard NDP MLA Spencer Herbert yesterday, after parents camped in the snow outside Elsie Roy Elementary School for four days to claim one of the school's 44 kindergarten spots.

> **"(Parents) want to be able to be a part of their community, and going to your neighbourhood school is a part of that."**
> Vancouver-Burrard MLA Spencer Herbert

"(Parents) are frustrated," Herbert said yesterday. "They want to be able to be a part of their community, and going to your neighbourhood school is a big part of that."

The province is only required to build schools to accommodate current enrolment, and doesn't take into account a catchment area's population growth.

"But what we've seen as a result of … not (planning) for the future is people sleeping in the cold just so their kid can to go their local school," Herbert said.

A spokesperson for the Ministry of Education said the situation at Elsie Roy is the exception.

According to the Vancouver school board's website, Elsie Roy was at capacity one year after it opened in 2004, and the board is working toward opening a new school around the International Village.

News in brief

BREAK-IN New Westminster police have arrested a 28-year-old Royal City woman in connection with a recent violent home invasion, cknw.com reports. Jennifer Mildred Fix is suspected of invading a home and beating a woman who was inside.

BACKHOE CRASH An elderly North Vancouver couple had to be freed from their car by rescue personnel with the Jaws of Life after a backhoe crashed into them, police said yesterday. The victims, an 80-year-old man and his 73-year-old wife, were taken to hospital and treated. The driver is reported to have sustained serious head injuries.

PLANE CRASH None of the five passengers onboard a small private plane were injured after the plane had a hard landing and slid off the runway at YVR. RCMP personnel said the front of the plane sustained extensive damage, and Transport Canada is investigating the incident.

MISSING Delta Police are asking for public help in finding a missing elderly man, cknw.com reports. Ernest Herbert Pederson, 79, was last seen on Sunday afternoon when he told family he was going for a short drive. Pederson has no known history of mental health problems.

METRO NEWS SERVICES

Improved snow removal bylaws needed: Anton

SIDEWALKS Vancouver needs to improve the way it deals with heavy protracted snow, including by forcing homeowners to shovel their walks, Coun. Suzanne Anton said.

"We have seniors who have been shut into their homes for three weeks. They cannot get out," said Anton. "They cannot walk down their sidewalks … because it's completely dangerous."

Anton, the city's lone NPA councillor, wants bylaws strengthened to legally compel property owners to clear their sidewalks. Bus stops, she added, should also be a priority for snow clearing.

She will introduce a motion on Jan. 20 to hold a public meeting about the city's snowfall response.

JEFF HODSON / METRO VANCOUVER

Area home sales down 35%, says real estate board

HOUSING After seven years of soaring prices, home sales in metro Vancouver dropped more than 35 per cent last year compared to 2007, according to information released yesterday by the Real Estate Board of Greater Vancouver.

Board president Dave Watt said the last half of 2008 continued to show a "consistent drop in prices."

Prices decreased nearly 11 per cent between December 2007 and the end of 2008, Watt said, adding that it's difficult to identify the bottom of the market.

"People tend to buy when prices are going up, not when they're going down," Watt said.

METRO VANCOUVER

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WHAT'S ONLINE TODAY

Analysis Nanotechnology is changing the way we live at **metronews.ca/canada**

Read Stripes asks if MPs are earning those fat paycheques at **metronews.ca**

U.S. army takes on Booze Cruise
A video game developed at the University of Calgary that simulates driving while drunk has attracted the attention of the U.S. army. Jim Parker, creator of Booze Cruise, says the U.S. Army Combat Readiness/Safety Centre is trying the game out on soldiers who have been in Iraq. **CBC NEWS ONLINE**

Canada

Expensive extension

Toronto city council yesterday approved a seven-kilometre, $2.5-billion extension to the city's Yonge Street subway line. The proposal has been sent to the Ontario government. If the province will help fund the plan, the subway will be extended in the suburb of Richmond Hill by 2017.

METRO NEWS SERVICES

Flaherty meets with nation's top bankers

Canada's finance minister and central bank chief met with the country's top bank executives yesterday to prod them to loosen up lending, officials said.

> **"Banks are trying to fill the gap, but we're not able to take up all the slack."**
> Nancy Hughes Anthony,
> Canadian Bankers Association

A spokesman for Finance Minister Jim Flaherty confirmed the meeting took place early yesterday. Bank of Canada governor Mark Carney also attended, according to his spokesman.

Neither would comment on the meeting.

Flaherty will speak to reporters this morning, prior to pre-budget consultations in Montreal, and is expected to comment then on the talks with the banks.

The head of the Canadian Bankers Association, who also attended the meeting, said Flaherty expressed concern about the availability of credit for businesses and individuals.

"We assured the minister that the banks are committed to doing what they can to help Canada weather any recession and that they will continue to lend to credit-worthy individuals and businesses," Nancy Hughes Anthony, president and chief executive of the CBA, said in a statement.

Hughes Anthony said banks represent only half the credit market for small and mid-sized businesses and that non-bank funding sources to these businesses are the ones that have been curbing their lending.

"Banks are trying to fill the gap, but we're not able to take up all the slack from other providers," she said.

She defended the Canadian banks' prudent lending practices and said it was best to stick to those practices, protecting depositors' money. **REUTERS**

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TIM WIECLAWSKI/METRO OTTAWA

Dany Lafontaine and Julie Gosselin, both from Gatineau, Que., share a Beavertail while taking a break from skating on the Rideau Canal last night. Thousands of people have taken to the ice since a two-kilometre stretch between Pretoria Bridge and Bank Street opened on New Year's Day.

Woman wanted in Alberta caught in Halifax

JENNIFER TAPLIN
Metro Canada

HALIFAX A woman wanted in relation to a homicide in Alberta was discovered in Halifax this weekend.

At around 8:30 a.m. on Sunday morning, a car rolled over. The two people in the car — an 18-year-old woman and a 50-year-old man — were treated by paramedics when they found something in the woman's mouth.

"She was being treated by EHS when they found a piece of tinfoil in her mouth. They believed it was drugs, so they turned it over," said Cpl. Joe Taplin with the Halifax RCMP.

They don't know yet what the drug is — it's being analyzed in the lab. The male driver is facing charges of impaired driving.

But as the RCMP checked out the woman, they found that there was a Canada-wide warrant for her arrest.

Calgary RCMP Sgt. Patrick Webb said she was charged for allegedly being a party to the Sept. 1 homicide of Sharmarke Mohaned Warsame, 39, outside Brooks, Alta.

"It was this incident where this man was (allegedly) beaten by five males and they've all been arrested and charged and are in the court system," Webb said.

"She's charged as a party to the offence, which means she didn't participate in the actual homicide, but she (allegedly) participated in something either before or after it."

Quebec woman charged in death of kids, husband

QUEBEC Her voice was not weak, as might be expected, as it came through the speakerphone in the courtroom. On the line from her hospital bed, she coughed twice and simply said "yes," she could hear the judge well and, "yes," she understood the charges against her.

Cathie Gauthier-Lachance, 36, the only survivor of what police have called a suicide pact undertaken with her husband to kill their children and then themselves, was arraigned yesterday on first-degree murder charges of her three young children, and in a last-minute addition, the assisted suicide of her husband, 46-year-old Marc Laliberté.

The bodies of Laliberté and the children, 12-year-old Joelle, seven-year-old Marc-Ange, Louis-Philippe, 4, are undergoing autopsies in Montreal.

TORSTAR NEWS SERVICE

Evidence

- Police had collected enough evidence, they said, to recommend charges even before they finally interviewed Gauthier-Lachance yesterday.

News in brief

SOMALIA A Mississauga, Ont., man running for president of Puntland, an Islamic state within Somalia at the Horn of Africa, promises to end piracy against international shipping by creating jobs in the troubled region. Adam Esse said pirates would rather fish or do other work rather than raid ships and hold them for ransom.

MURDER Escalating gang violence in Calgary has claimed its first innocent victim, a hard-working Samoan man forging an honest life for himself. Keni Su'a, 43, was gunned down on New Year's Day while dining alone over soup at Bolsa Vietnamese Restaurant, an innocent bystander in the wrong place at the wrong time, according to police.

DEAL STRUCK The New Brunswick government and the province's 5,500 nurses have reached a tentative deal, avoiding a possible provincewide strike, CBC News Online reports. Marilyn Quinn, president of the New Brunswick Nurses Union said the tentative agreement was struck at 1 a.m. yesterday.

METRO NEWS SERVICES

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Clinton's chief of staff picked as Obama's CIA head

U.S. president-elect Barack Obama has chosen Leon Panetta, who was White House chief of staff for Bill Clinton, to lead the CIA, Democratic officials said yesterday. Outside of his stint in the White House, where he served between 1994 and 1997, Panetta has relatively little experience in national security matters. **REUTERS**

World/Business

Israel ignores calls for truce

Israeli troops fought to seize ground from Hamas militants deep inside the Gaza Strip yesterday, despite international calls for a ceasefire in a conflict that has killed more than 540 Palestinians in 10 days.

More than 33 civilians, including children, were killed yesterday, the third day of an Israeli ground offensive. Three Israeli soldiers were killed and about 20 were wounded by an Israeli tank shell fired in error, the military said.

Israel said it killed dozens of Islamist guerrillas as the battle crept into the suburbs of the city of Gaza itself. Israel's defence minister said the assault, which he hopes can stem rocket fire on its own towns, could get harder for troops.

Hamas threatened to fire more missiles into Israel. Threats of resuming suicide bombings had yet to materialize at press time.

REUTERS

Bush's demands

- U.S. president George W. Bush insisted yesterday that any Gaza ceasefire must prevent Hamas from using the coastal strip to fire rockets into Israel.

Israeli Foreign Minister Tzipi Livni speaks about the Mideast conflict at metronews.ca /world

India Mourning procession

AMIT DAVE / REUTERS

Shiite Muslims flagellate themselves during a Moharram procession yesterday in Ahmedabad. Muslims all over the world mourn the slaying of Imam Hussein, a grandson of Muhammad, during the first 10 days of the Islamic month of Moharram.

News in brief

SCIENCE Pink iguanas unknown to Charles Darwin may provide evidence of species divergence far earlier than the naturalist's famous finches, researchers said. Their existence suggests diversification in the Galapagos Islands happened some five million years ago — far earlier than most other Galapagos species, including the finches whose differing beaks Darwin studied to form his theory of evolution by natural selection. **REUTERS**

India hands over Mumbai attack clues to Pakistan

INVESTIGATION India handed over evidence yesterday to Pakistan that it said linked Pakistani militants to the Mumbai attacks and demanded a prompt investigation.

India has blamed Pakistani militants for the November attacks, which killed 179 people and reignited tension between the neighbours who have fought three wars since 1947.

The evidence included a confession from the man India says is the lone surviving gunman, details of communication links with "elements in Pakistan," and data retrieved from GPS and satellite phones, India's foreign ministry said.

Pakistan said it would look into the evidence.

REUTERS

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Business

Tough December for auto sales

Canada's auto market crashed during the holiday season, one more piece of evidence of a deepening recession.

Despite incentives, showroom sales plunged 21.2 per cent or more than 25,000 vehicles to 94,423 in December from the same month in 2007, manufacturers reported yesterday.

The results marked the worst decline in auto sales for any month since 2003. It was also the lowest level for a December in 12 years.

The bleak December pulled down overall 2008 sales in Canada by 1.1 per cent or more than 17,000 to 1.653 million cars and trucks. That followed three years of annual increases.

Analysts are forecasting more big dents in the first half of this year before the market show some signs of a recovery.

Offshore-based manufacturers exceeded the Big Three automakers in market share in Canada for the first time. They raised their share to 51.9 per cent from 48.3 per cent while GM, Ford and Chrysler slipped to 48.1 per cent from 51.7 per cent.

Toyota, including the Lexus brand, jumped into second place behind GM in sales in Canada from fourth spot, ahead of Chrysler and Ford. Its sales rose 11.3 per cent to a record 224,158 in 2008 from 2007. But in December, Toyota's sales plunged 35.4 per cent because of a huge drop in Camry sales.

TORSTAR NEWS SERVICE

Hyundai

- Hyundai Motor Co. has rolled out a new incentive program for U.S. consumers that allows them to return financed or leased vehicles within the first year of purchase if they lose income.

In brief

WOOLWORTHS Shoppers hunted for bargains before the doors close at Woolworths, one of Britain's best known retailers. About 600 of the chain's 815 stores have already closed and the rest are set to close this week, with the loss of 27,000 jobs.

MADOFF More than 8,000 forms have been mailed to customers of accused swindler Bernard Madoff so they can make claims by March or July.

REUTERS

Honda Civic overtakes Ford pickup as most popular

AUTOMOTIVE The Honda Civic compact has surpassed the Ford F-Series pickup truck to become Canada's most popular vehicle.

Sales of the Civic climbed two per cent to 72,463 while the F-Series pickup, which led the market for five consecutive years, slid eight per cent to 67,749 in 2008, the companies revealed yesterday.

It marks the first time in 15 years that a car — previously the Chevrolet Cavalier — has topped a truck as the country's best selling vehicle.

Analysts say the Civic benefited from soaring fuel prices for most of the year while the popularity of pickups including the F-Series dropped because of much higher gasoline costs.

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Comment & Views

Comment

Back to the starting point

National**Report**

Lawrence Martin

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals.

Fair to say that a decade or two ago, we didn't care much about Afghanistan. Just another Third World basket case. Let the ethnic tribes there bloody one another up. Let superpowers try to harness it.

Then a couple things happened. The Taliban got singled out as being exporters of terrorism and as running a government even more medieval than other tribes. We had a general, the popular Rick Hillier, who was gung-ho on getting Canada back on war footing. We figured we owed the Americans something because we hadn't joined them in Iraq and hadn't agreed to their missile-defence program. So we sent troops to the Afghan hot zone of Kandahar.

The usual right-left debate ensued with one side rah rah on war and the other dubious. No foreign invader, many argued, had ever brought Afghanistan to heel, the list including Alexander the Great, the Mongols, the British Raj, the Soviet Union.

But as is normal in war, politicians and generals held to the line that progress was being made. We can't cut and run, they said. And if you don't cheer for the war effort, you're not supporting our troops. In other words, the usual patriot games, some legitimate, some just plain old bullshine.

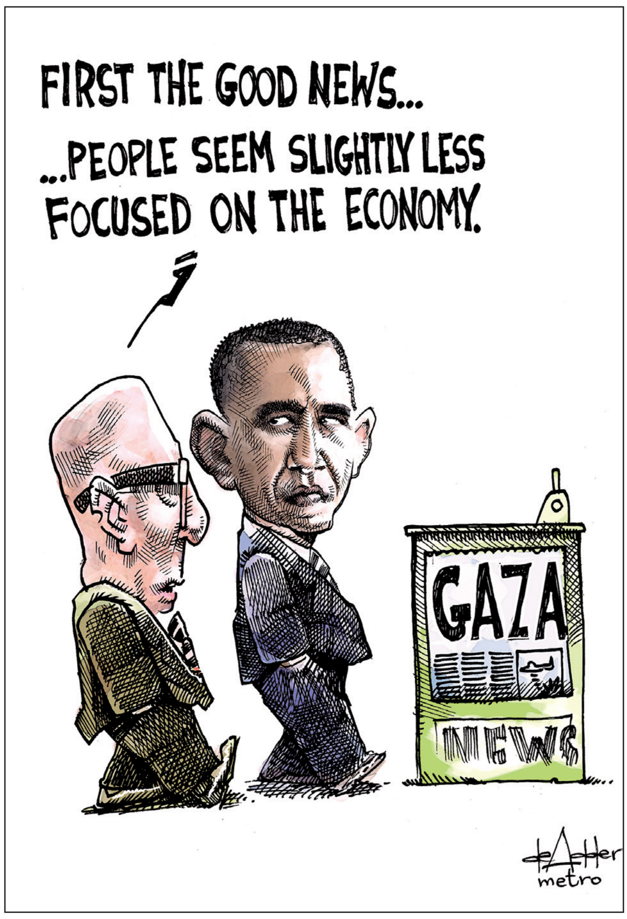
But today, there is a consensus that says that little or no progress has been made, that Afghanistan remains as it almost always has been — untamable. Canadians, smarter than their generals and politicians, were never really enthusiastic about this war. Now they're saying in polls that they want their troops out before the deadline of 2011.

GETTY IMAGES

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals, if and when they occur. With this effort the new president, Barack Obama, will be able to prevent the Taliban from regaining power. But it will require his getting bogged down in a long war.

There will be more pressure from his White House for Canadians to stay on. But Canadians will have seen enough. They will turn back the clock. It will be just about as it was before. They won't care much about Afghanistan. They'll leave it to the Afghans and the superpowers — and save their soldiers from dying from roadside bombs.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.


FIRST THE GOOD NEWS...
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Views

Neutral the toughest stance on Mideast

Mona Eltahawy

Global View

I was born in Egypt during one war with Israel, have vivid memories of another war with Israel, and I was the first Egyptian to live and work in Israel for a Western news agency when I moved there from Cairo at the end of 1997 as a Reuters correspondent.

And here's the best piece of advice on the Middle East you will get today.

Sit on the fence.

Strange coming from an opinion writer who makes a living out of taking positions? Yes. But it's too easy to take sides in the Middle East conflict. Few other parts of the world inspire such passion or leave such little room for doubt. For many, choosing sides is just an afterthought to their birthright: If you're an Arab, go join the Free Palestine demonstrations; and if you're Jewish, go join the Save Israel marches.

Don't forget, you can always throw God into the mix. Lay claim to your holy sites and you'll have religiously sanctioned wrath to fuel your rage.

But what's the point of choosing sides when both sides are losing? The real challenge when it comes to the Middle East is to sit on the fence and to understand that as with most chapters of this interminable conflict, civilians pay the most expensive price.

From that perch up there on the fence, keep your eyes firmly on Israeli and Palestinian civilians and ask about the responsibility of leaders to their people.

The hardest thing is to scream "Enough!" at a time when both sides seem bent on mutual destruction.

The civilians of Gaza are victims of both Hamas and Israel.

The former have been more concerned with firing ineffectual rockets at southern Israel where they targeted the very group of people they are now accusing Israel of hurting the most in Gaza — civilians.

Israel has launched a punishing bombardment and invasion of Gaza that will be used as the latest proof that it is the neighbourhood bully. Its actions are bound to turn Hamas into the very heroes they don't deserve to be and possibly unleash a new wave of unconscionable suicide bombings against Israeli civilians.

And all for what?

For those of us from the region, the easiest thing might be to follow our birthright to bias. But the hardest thing is to scream "Enough!" at a time when both sides seem bent on mutual destruction and when to criticize your side ensures accusations of being a sellout.

But I insist on staying on that fence and being a sellout for peace.

Stay on that fence with me and scream and yell for a ceasefire.

Enough violence.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Letters

Sanctioned violence in Canada's sport

Re: Police assist coroner investigating death of Whitby hockey player

It makes me sick inside that a family has lost a son due to the barbaric allowance of fighting in hockey. What I find totally offensive is the polarization of this ongoing debate in regards to the inclusion of fighting as part of Canada's game.

The usual suspects in the media have already come to the forefront that defend the need for fights in hockey and have attempted to eulogize the death of 21-year-old Don Sanderson as a freak result of an inherent danger linked with this sport. Those in the media who support fighting in hockey can rationalize all they want in regards to the odds of losing one's life in a hockey fight, but in the end there are more than enough examples of NHL players who have had their careers cut short and their quality of life affected to demonstrate the stupidity of allowing fights.

The passing of Don Sanderson could bring common sense to the issue of safety in the only major sport that allows this kind of sanctioned violence.

DANIEL KOWBELL, TORONTO

So much for the economic meltdown

Re: Your year's pay a day's work for top CEOs (Jan. 2)

I was astounded to learn from the Canadian Centre for Policy Alternatives that the salaries of Canada's top CEOs have reached unprecedented new heights.

So much for the economic meltdown. While these characters were dragging in bigger and bigger salaries, upwards of 70,000 Canadians lost their jobs. The rest of us are preparing to ride out the rough year ahead, while the country's top executives appear to be immune from any fallout.

Average CEO pay for the top 100 was up 22 per cent from its $8.5 million average in 2006. In contrast, the earnings of average Canadians rose by only 3.2 per cent — the best increase in the past five years, but a fraction of the CEOs' and barely keeping up with inflation.

DANNY CAVANAGH, PRESIDENT
CUPE NOVA SCOTIA

It's your turn to tell others what you think. E-mail your thoughts and opinions to: vancouverletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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Enough talking, now get walking

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q My new year's resolution is to get rich! Get into shape! Help the less privileged! Buy low, sell high! Quit smoking! Travel more! Win the lottery!

A You sit at your dining room table, pen and paper in hand, sipping coffee, with the fireplace crackling in the background. Pause a moment before making that new year's resolution list and glance at the crumpled, faded list from last year. How many were accomplished? If you are like a lot of Canadians — not many.

We have heard them all, from more money to losing weight to quitting smoking. Although, my accounting and tax background does not give me the qualifications to help you lose weight or quit smoking, its approach may not be much different. Here is some financial advice that many experts agree:

- Be realistic with resolutions. "I want to look like I did as a teenager!" Don't we all!
- Don't just "say;" "do." The word resolution implies action. Resolutions cannot be accomplished without following through. Stop talking about joining a health club, just do it.
- As important as the resolution is having a plan for its execution. Without a plan, there will be no success. "This year, I would like to save for a house." Where will the savings come from? Create a cash flow budget. Identify how you can increase income and where you can cut expenses.
- Set long-term goals but achievable objectives that can be measured periodically. For example: Lose four pounds a month. Preauthorize monthly RRSP contributions. Set up automatic payments for investment.

Goals cannot be reached unless you reach for it!

Get out there and start tackling your dreams.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

One Smart Cookie got a job at her favourite furniture store (which offered employees a 40 per cent discount) and used the money she made working at the store to buy her discounted furnishings for her new condo.

Work smarter, not harder to earn more cash in '09

SmartCookies

smartcookies.com

Being a Smart Cookie isn't just about finding ways to spend less and save more, it's about making more money too. And just to be clear, we do not mean taking a job you hate because the paycheque's better. As we enter into 2009, we encourage you to find ways to attract more money into your life. And to get you started, here are a few Smart Cookie tips.

Turn Your Passion into a Paycheque:

With a little effort and creativity, it's possible to turn almost any pastime into a paycheque. For example, one of our Smart Cookies was interested in learning about and tasting new wines. She had a friend who started a business that offered wine tastings at company events and she offered to help out. This was a great opportunity for her to make extra cash, sample some wine and meet new people.

Why Not Make Some Money AND Reap the Benefits?

Consider taking on a part-time job at your favourite store — many retail stores hire extra employees to help out during their busy season. One of us was furnishing a new condo, got a job at her favourite furniture store (which offered employees 40 per cent discount) and used the money she made working at the store to buy her discounted furnishings.

Clean Out Your Clutter

Anything you haven't used in over a year, you no longer need! But rather than throwing these items away, why not find them a new home? One of the Smart Cookies makes about $300 at the end of each season and puts that toward new clothes. Another sold her wedding dress for $800 on craigslist.org. You can do the same with sporting equipment, toys, CDs, books, almost anything.

What about Passive Income?

There are ways to increase your monthly income, without lifting a finger.

For example, if you pay monthly for a space in a garage, but you know your car will be gone during work hours or you'll never use it, you can rent out your space during the weekdays to someone who works near your parking spot. Advertise the space on craigslist.org or in your local paper. One of our Cookies rents out her space and earns an additional $50 per month.

Consider contract work

If it's not a conflict with your full-time job, look for freelance or contract opportunities. By utilizing her contacts, one of us was able to get additional contract work providing PR services, earning an extra $2,000 per month!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

WILL RETURN

Ways to save big on meals at home

AllRecipes.com recently posted its largest traffic month ever in November with 10.7 million people visiting the site in search of recipes. The popular food site also found that 80 per cent of participants in a recent survey said they'd be cooking at home more in 2009. Use these tips to save money:

- Make a meal plan. The easiest way to save money is to plan your meals for each night of the week. When you know what to make at 5 p.m. (and you know you have all the ingredients!) it's a lot less tempting to order a pizza.
- Plan weekly menus around what's on sale. Before you write up your weekly meal plan read through the grocery ads to see what's on sale. Quick tip: visit RecipeMatcher.com, enter the on-sale foods and ingredients you have on hand to instantly generate recipes.
- Choose recipes with a low price per serving. Build meals around less expensive meats like split chicken breasts, pork chops and stew meat. Check out 5DollarDinners.com for meals that can be made for $5 or less (for a family of four).
- Use coupons for your entire meal. Seek out coupons for every component of your meals, like Meal Deal coupons on Shortcuts.com.
- Go vegetarian once a week. Save extra cash by going meatless once a week. Good choices include spaghetti, chili or even omelettes.
- Opt for frozen foods. Don't reach for TV dinners, but rather frozen vegetables and chicken that can be whipped up into a meal.
- Be smart about private label items. In many cases you can save by opting for the private label over a brand name, but by being smart about coupons, you can often get the brand name for less.

METRO NEWS SERVICES

The easiest way to save money is to plan your meals for each night of the week.

Harrison picks up defensive hardware

Pittsburgh Steelers linebacker James Harrison won The Associated Press 2008 NFL Defensive Player of the Year award yesterday, after registering a team-record 16 sacks, and leading the NFL with seven forced fumbles in the regular season. **METRO NEWS SERVICES**

HARRISON
92

Sports

Win for Wozniak

Fourth-seeded Aleksandra Wozniak, left, of Blainville, Que., beat Slovakia's Magdalena Rybarikova 6-3, 6-7 (4), 7-5 in the first round at the ASB Classic women's tennis tournament in New Zealand yesterday. All four seeded players progressed to the second round of the singles. **METRO NEWS SERVICES**

SPORTS@METRONEWS.CA

Mourners salute hockey player

HOCKEY Don Sanderson was in a coma during Christmas, so hundreds of mourners solemnly sang a yuletide carol yesterday at the funeral for the 21-year-old hockey player who died following an on-ice fight in Brantford, Ont., Dec. 12. Sanderson's mother, Dahna, cried as mournful strains of Silent Night filled a packed church outside Toronto. "We loved him with all our hearts, and I don't know how we're going to move on without him," she said. "All I ask is each and every one of you love each and every one of your family members every day." Sanderson, a rookie with the OHA's Whitby Dunlops, died Friday after being in a coma for almost a month. **METRO NEWS SERVICES**

VIDEO Mourners at hockey player's funeral sing him one last Christmas carol at metronews.ca/canada

Sports in brief

MLB The Chicago Cubs have reportedly signed outfielder Milton Bradley to a three-year contract. The Chicago Tribune is reporting that the deal is believed to be worth $30 million US and should be finalized this week. Apparently, the Cubs are trying to move right-hander Jason Marquis to Colorado for right-handed reliever Luis Vizcaino to free up money for Bradley. That deal could be announced as early as today.

MLB The Tampa Bay Rays have signed outfielder Pat Burrell to a two-year deal. Financial terms were not released, but numerous reports have stated that the contract will be worth $16 million US. Burrell hit .250 with 33 home runs and drove in 86 runs for the world champion Phillies last season. He had spent his entire nine-year career in Philadelphia, averaging 31 homers and 99 RBI over the past four seasons. **METRO NEWS SERVICES**

SCOREBOARD

WJC

YESTERDAY'S RESULTS
GOLD MEDAL GAME
CANADA 5 Sweden 1
BRONZE MEDAL GAME
Russia 5 Slovakia 2

NHL

YESTERDAY'S RESULTS
Edmonton 3 N.Y. Islanders 2
N.Y. Rangers 4 Pittsburgh 0

NBA

YESTERDAY'S RESULTS
Milwaukee 107 Toronto 97
Denver 135 Indiana 115
New Jersey 98 Sacramento 90
San Antonio 91 Miami 84
Utah 119 Golden State 114

Canadians in their fifth element

Drive for five complete as Canada captures junior title on home ice

WJC CHAMPIONSHIP

Canada 5 Sweden 1

CANADA VS

Team Canada won its fifth gold medal in a row at the world junior hockey championship last night, taking a first-period lead on P.K. Subban's second effort just 38 seconds into the game and riding the goaltending of a suddenly hot Dustin Tokarski.

Angelo Esposito scored on a backhand in the second period, Cody Hodgson let rip a wrister on the power play in the third, and Jordan Eberle and Hodgson scored into an empty net in a 5-1 win over Sweden, which takes home silver for the second year in a row.

Shaky in every outing before last night, Tokarski faced 40 shots, stood tall and was named player of the game. John Tavares was named the tournament's most valuable player and a first-team all-star. He was joined on the all-star team by Hodgson and Subban.

Canada's P.K. Subban, front, celebrates with teammates Cody Hodgson, from back left, Jordan Eberle, Ryan Ellis and John Tavares last night in Ottawa. Subban had just scored for Canada.

SHAUN BEST/REUTERS

The crowd of 20,380 at Ottawa's Scotiabank Place — who jeered Swedish defenceman Victor Hedman and goalie Jacob Markstrom all night — was a new single-game attendance record for the world juniors.

With Prime Minister Stephen Harper and his security entourage in attendance, and a huge Canadian flag making its way around the lower bowl, the stage was set for the international showcase of junior hockey's two best teams. Emotions ran high in the second, as Canada extended its lead to 2-0 on the goal by Esposito.

Hedman took a few punches at Esposito, who wisely didn't swing back, after the Canadian had a run-in with Markstrom as the goalie skated after a loose puck.

The crowd jeered Markstrom, believing he was putting on a show by flopping on the ice after his collision with Esposito. It was Markstrom's third questionable flop of the game.

Hedman didn't get a penalty and was booed the rest of the evening.

Esposito got his revenge on the same shift, scoring on a backhander after scooping the puck off David Rundblad.

Heisman winner a big Canucks fan

York**Report**

Marty York

marty.york@metronews.ca

The top player in U.S. college football is a hockey fanatic. His favourite team: The Vancouver Canucks.

In fact, while in high school in Oklahoma City, quarterback Sam Bradford had a ritual in which he'd watch The Mighty Ducks movie and check out the latest Canucks' results before turning in for the night. "Hockey was and maybe still is my favourite sport to watch," said the Heisman Trophy winner, who will lead the No. 1 Oklahoma Sooners against the No. 2 Florida Gators in the BCS national championship game Thursday night. "I love the Canucks. (Vancouver goaltender) Roberto Luongo is outstanding."

- Spring training, believe it or not, begins next month, but one of baseball's premier sluggers remains a ManRam without a home. Not that Manny Ramirez isn't attracting interest.

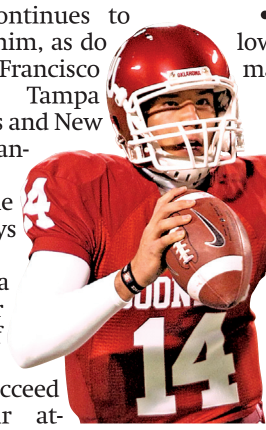
"The problem," an MLB general manager told me yesterday, "isn't Manny. It's Manny's agent. He's ridiculous."

Scott Boras has long had a reputation for stubborness. In Ramirez's case, the agent hasn't budged on demands for about $20 million US a year, despite the lamentable economy and his client's age (almost 37). "Manny's one of the great hitters of our lifetimes, a clutch batter who'd fit into the heart of every order in baseball," the aforementioned GM said. "And he might have an attitude issue, too, but the pros outweigh the cons for him. It's just his agent's stance that's hurting him now. If he had another representative, I'm sure he'd have a team by now."

Ramirez was a major boon on the field and at the box office for the Dodgers after they acquired him in a trade with the Boston Red Sox last season, and Los Angeles continues to pursue him, as do the San Francisco Giants, Tampa Bay Rays and New York Yankees. Even the Blue Jays might make a pitch for him if they could succeed in their attempts to unload Scott Rolen and/or Lyle Overbay and their guaranteed contracts.

"Manny ultimately will get a contract and will get a lot of money," the GM said, "but, unless he switches agents, he may not sign any time soon. That just won't happen. There always has been an owner who's lost his mind when it comes to offers for players of Manny's calibre, but I strongly doubt it'll happen this time. The general consensus is that Boras is just too unreasonable."

- An athlete who *has* lowered his financial demands: Shaquille O'Neal. In November, the NBA star listed his Miami Beach mansion for $35 million. His new asking price: $25 mil.



Sam Bradford and Oklahoma play Florida for the BCS championship on Thursday.

Lindros calls

- Former NHL star Eric Lindros returned a call to Metro's Marty York yesterday, but refused to clear up any of the mystery surrounding him. Visit metronews.ca/sports for more details.

Canucks make room for Sundin

NHL The Canucks reassigned goalie Cory Schneider to the Manitoba Moose of the AHL yesterday. Schneider posted a record of 2-4-1 with a goals-against average of 3.38 in splitting time with Curtis Sanford while filling in for Roberto Luongo. General manager Mike Gillis also reassigned forward Jannik Hansen to Manitoba to make room for Mats Sundin in the roster.

Lam-Feist wins U-17 player of year

SOCCER Surrey's Monica Lam-Feist earned her second Canadian Soccer Association under-17 women's player of the year award yesterday. Lam-Feist spent most of the year with the women's under-20 team. In June, she helped Canada to victory in the CONCACAF women's under-20 championship, and in November scored twice for Canada at the FIFA under-20 women's World Cup in Chile. Russell Teibert won the men's under-17 award. **METRO NEWS SERVICES**

Between meals
If you go too long between meals, drink half a cup of juice to stabilize blood sugar levels before you eat to back your body up from from its “starvation” mode. **TORSTAR NEWS SERVICE**

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The good-skin fix

Resolutions: Start with your complexion

JANINE FALCON
for Metro Canada

Turns out that focusing on better skin nutrition can help meet at least three 2009 resolutions: 1) to spend less, 2) to lose weight, and 3) to get on a less stressful, healthy-living track.

“The skin is a good indicator of what’s going on inside,” says Dr. Joey Shulman, D.C., registered nutritionist and author of The Natural Makeover Diet: 4 Steps to Inner Health and Outer Beauty. “For example, if you eat too many pro-inflammatory foods, such as sugar, refined flour, fried food, alcohol and saturated fats, you’ll wake up looking puffy and red.”

Rather than pricey “miracle” products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, which, in addition to improving skin (in as little as a week), could improve the numbers on your bathroom scale. “Replace the bad stuff with dark leafy greens, broccoli, spinach, winter squash, carrots, sweet potatoes — vitamin A-rich foods,” says Shulman.

Naturopath Dr. Alan Logan, author of The Clear Skin Diet and research-and-development co-ordinator for Genuine Health, agrees. “In North America, 50 per cent of consumed vegetables is potato (mostly frozen), onion, iceberg lettuce and processed tomato. We need more colourful fruit and veg, such as blueberries, fresh tomatoes and cale. The deeper the colour of the produce, the more dense it is in polyphenols, naturally-occurring antioxidants.”

Omega-3 fatty acid-rich foods also rank high in the good-skin eating plan because, say Shulman and Logan, they boost skin’s natural moisture levels. Shulman recommends cold-water fish, nuts, and seeds, as well as omega-3 fortified eggs and milk. Another hydrating must is water, which gets overlooked in the winter. Shulman suggests green or white tea as alternatives. “They’re anti-inflammatory and high in antioxidants, plus white tea can help deal with sugar cravings because it’s on the sweet side.”

According to Logan, green tea and fish oil both help reduce levels of cortisol, a hormone the body releases under stress. “Cortisol attacks collagen, the scaffolding of the skin,” he says. “Fish is skin’s best friend. Orally consumed fish collagen also provides the body with raw materials to manufacture the collagen skin needs,” he adds.

> **“Fish is skin’s best friend. Orally consumed fish collagen also provides the body with raw materials to manufacture the collagen skin needs.”**
> Alan Logan, author of The Clear Skin Diet

Rather than pricey “miracle” products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, including vitamin A and omega-3 fatty acid-rich foods.

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Sobeys
Zellers
7 ELEVEN

Exercise made more accessible
Home exercise equipment, from stationary bikes to treadmills to elliptical trainers, can make it easier to squeeze exercise into busy schedules and avoid the chill of winter. A quick jog on the treadmill can coincide with a favourite TV show. **TORSTAR NEWS SERVICE**

Science and sex: Unstimulating

The J Spot

Josey Vogels

Sex talk with Josey

An announcement just before the holidays that British scientists were developing an implant to stimulate pleasures centres in the brain caused the usual flurry of headlines that every new scientific solution to our seemingly increasingly lousy sex lives seems to cause.

Headlines everywhere announced the discovery of a so-called “super sex chip” that was set to turn us all on at the flip of a switch.

Never mind that the implant is meant for people who suffer from “anhedonia,” a condition I’d never even heard of until now but that apparently results in an inability to enjoy or experience pleasure from such activities as eating and sex. Or that the currently “intrusive and crude” technology requires surgery to connect a wire from a heart pacemaker into the brain and needs about 10 years worth of development.

Blame Woody Allen for launching our obsession with instant sexual satisfaction. He introduced the “Orgasmatron” in his cheesy 1973 movie Sleeper, a phone-booth-like machine that induced instant orgasms in those who entered.

Since then, we’ve been on a mission to find a quick fix, effortless solution to our sexual dissatisfaction.

Viagra, of course, has been the star of the show; the magic blue pill that had formerly sexually unsatisfied couples suddenly dancing down the street and singing “Good Morning.”

And, when the makers of Viagra didn’t succeed in coming up with a female version, others have stepped in and pharmaceutical labs are currently hard at work developing a nasal spray, an injection, and a pill to treat Female Sexual Dysfunction, a condition that didn’t even exist a decade ago.

I sympathize with men and women who experience legitimate sexual problems, in some cases as a result of physical or psychological issues. But the drive to find a magical scientific solution to boost our flaccid sex drives is disturbing.

> **The drive to find a magical scientific solution to boost our flaccid sex drives is disturbing.**

Whatever happened to good old-fashioned seduction? Bah, who has time for that these days? That requires effort and communication and actually doing some things that reawaken your sexual self. A pill would be so much easier. But the fact is, even if a pill or an implant or a spray can stimulate desire or guarantee an erection or an orgasm, it can’t guarantee good sex.

With the advent of a new implant meant to stimulate pleasures centres in the brain, our columnist asks: ‘Whatever happened to good old-fashioned seduction?’

That requires some good old-fashioned elbow grease. Or at least a good lube.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Can you justify that sports drink?

CELIA MILNE
for Metro Canada

G2
LOW CALORIE ELECTROLYTE BEVERAGE
FRUIT PUNCH
20 FL OZ (591 mL)

NUTRITION We love to guzzle our sports drinks. But are we working out enough to justify all that sugar and salt? Recovery drinks such as Gatorade and Powerade are super popular, and consumption is on an upward trend.

Last year, per person consumption around the world was 1.8 litres. Food and drink consulting company Zenith International estimates that will rise to 2.3 litres per person by 2012.

Momentum is driven by the idea that sports drinks are healthy. A typical 12-oz. bottle of sports drink contains approximately 75 calories, 21 grams of sugar and 165 mg of sodium. That is about half the calories, half the sugar and twice the sodium of a cola drink. But sports drinks are designed for recovery from intense exercise, especially in very hot weather. They may not be so great to drink if you’re not physically active.

North Americans are the biggest consumers of sports drinks, accounting for 48 per cent of the global market. Asia Pacific is the second largest region by volume, with Japan and China accounting for 70 per cent of this. Eastern Europe and the Middle East are emerging as the fastest-growing new super-consumers of sports drinks.

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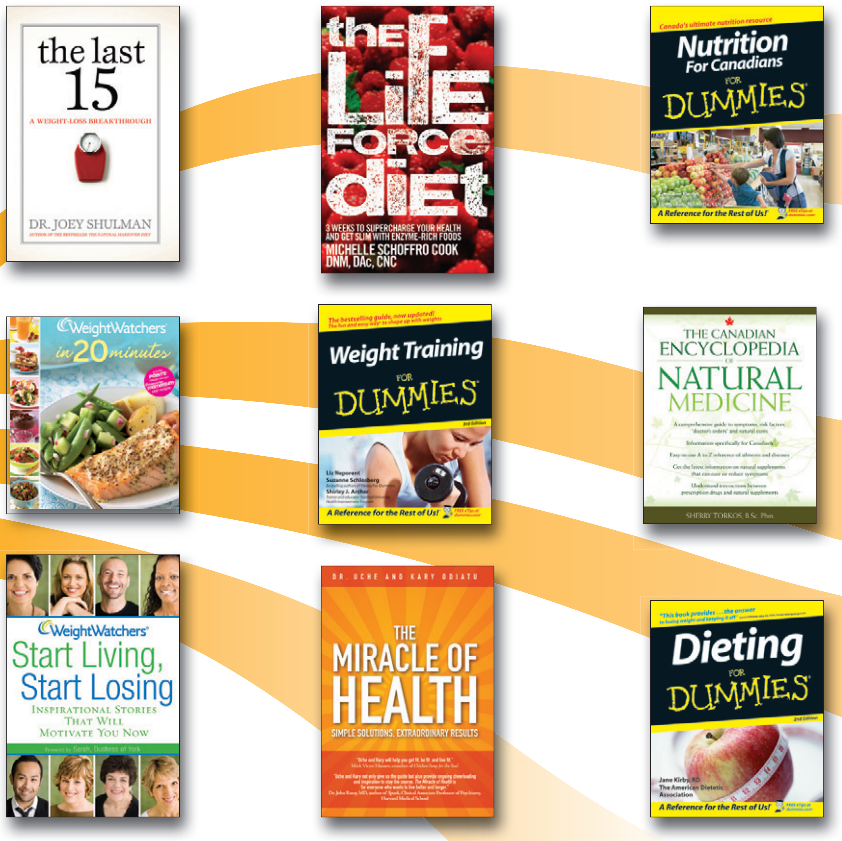
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Madagascar leads foreign box office

Madagascar: Escape 2 Africa led the foreign box office for the fourth time in five weekends as the overseas tally for the animal cartoon raced to $340 million US — about $2 million more than the final total of its 2005 predecessor. **REUTERS**

Entertainment

Celeb twins

Rebecca Romijn and husband Jerry O'Connell have welcomed twin girls, Howard Stern announced on his Sirius radio show yesterday morning.

USMAGAZINE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

DVD picks

Pineapple Express

Director: **David Gordon Green**
Rating: **18A**

SETH ROGEN
JAMES FRANCO
PINEAPPLE EXPRESS
Put this in your pipe and smoke it.
ANANAS EXPRESS
FROM THE GUYS WHO BROUGHT YOU SUPERBAD
DVD

IN A PERFECT world, stoner comedies would be enjoyed in a theatre converted into a giant bong. It's too often the case, as it is with Pineapple Express, that the tokers onscreen have a far better time than the sober judges in the seats. This should change with home DVD showings, where what you do in your basement is your own concern. Whatever is in the titular bud that Seth Rogen and James Franco are inhaling their enjoyment of it is almost selfish, since they're getting laughs that we are denied. But you need not worry about being locked into one style of yuks. Apatow is big on hybrid humour, and so apparently is his unlikely directorial disciple David Gordon Green. Pineapple Express is both a stoner laugher and a bloody crime satire about duelling drug lords and crooked cops. The body count is large and the violence is quite nasty. Luckily, Franco's sleepy-eyed dealer Saul is one of those sweet discoveries that makes you willing to forgive the film's flaws. Saul dispenses drugs to Rogen's Dale, a process server whose brazen methods are at odds with his conservative demeanour. Things get complicated, and then some, and the movie gets more violent as less funny as it goes along.

TORSTAR NEWS SERVICE

Travolta undergoes autopsy

Two pathologists appointed by Bahamian authorities performed an autopsy yesterday on the body of actor John Travolta's 16-year-old son, Jett, who died last week after suffering a seizure at the family's holiday home.

Jett, who had a history of seizures, was found unconscious in a bathroom at the home in the Old Bahama Bay resort on Grand Bahama Island on Friday morning. He was pronounced dead after being taken by ambulance to Rand Memorial Hospital in Freeport.

A family doctor sat in on the autopsy at the request of the Travolta family. Results were not released. However, other media outlets have reported Travolta's death certificate says he was killed by a seizure.

ASSOCIATED PRESS/ROGERS & COWAN

Actor John Travolta, second left, poses with daughter Ella Bleu, left, wife Kelly Preston, right, and son Jett in an undated family photo.

Obie Wilchcombe, a member of parliament for western Grand Bahama, said the autopsy was completed at around noon and paperwork was finished two hours later.

Jett's body was moved from Rand Memorial Hospital to Restview Funeral Home in Freeport, where it was being prepared for transport to the United States, Wilchcombe said.

"The preparation of the body will take an estimated 12 to 13 hours," he said.

For the latest on this story, visit metronews.ca/entertainment

Dozens of relatives flew to Grand Bahama to comfort John Travolta and his wife, actress Kelly Preston, Wilchcombe said.

John Travolta and paramedics tried without success to resuscitate the boy.

The family's earlier statement did not refer to Jett's medical history or possible cause of death. But Travolta's lawyers, Michael Ossi and Michael McDermott, were quoted on Sunday as saying Jett apparently suffered from grand mal seizures, which can cause loss of consciousness.

He was on an anti-seizure medication called Depakote for several years, Ossi and McDermott told the celebrity website TMZ. **REUTERS**

KRAFT
what's cooking
NEW SEASON
WED 11:30 A.M. E/P
SAT 1:30 P.M. E/P
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Hootin' Hugh
Hugh Jackman will voice an owl in a new movie. The star will reportedly voice a character in animated film Guardians Of Ga'Hoole. **FEMALEFIRST.CO.UK**

Get set for new time-slot tussles

Soon new battles will wage in primetime: ABC's hit thriller Lost against Fox's new crime drama Lie to Me on Wednesdays. NBC's comedy favorite The Office vs. Fox's reality hit Hell's Kitchen on Thursdays. And Fox's sci-fi drama Dollhouse competing with CBS' Canadian import Flashpoint on Fridays, to name a few.

But in today's time-shifted, multichannel universe, does it still matter if Drama A airs in the same time period as Reality Show B?

Yup, arguably more than ever. Most viewers still watch TV shows live. But more importantly, with the ratings standard for what makes a hit broadcast series dropping, how well a show stacks up against competitors is often considered a fairer measurement of success than whether a show draws a huge audience. Here are some of the more intriguing new face-offs on the midseason schedule:

Mondays

ABCs The Bachelor and True Beauty vs. NBC's Superstars of Dance and Momma's Boys:

Bachelor has ebbed in recent years, while Superstars brings the American Idol producers to NBC. Later in the evening, Beauty — about 10 attractive contestants tricked into believing they're being evaluated for their looks but who are actually being judged by their civility — will go up against Momma's Boys, which has had a modest December run.

Tuesdays

ABC's Homeland Security USA vs. NBC's Biggest Loser

Curiosity online about Homeland Security is running high, but Loser is one of the few strong NBC primetime offerings that's shown no signs of weakening.

Wednesdays

ABC's Lost vs. Fox's Lie to Me vs. CBS' Criminal Minds

This three-way standoff pits Fox's keystone new show against CBS' usual time-period winner — both crime procedurals — and then there's ABC's strongly rated Lost returning after airing Thursdays during the writers strike last year.

A scene from ABC's hit thriller Lost, which will duke it out against Fox's new crime drama Lie to Me on Wednesdays.

Thursdays, round one

Fox's Bones and Hell's Kitchen vs. NBC comedies

With rivals airing their strongest shows Thursday night, Fox has been unable to get a consistent foothold on this advertiser-rich evening. Durable reality series Are You Smarter Than a 5th Grader? and Don't Forget the Lyrics serve as cannon fodder for hits like ABC's Grey's Anatomy and CBS' Survivor.

Enter Bones and Hell's Kitchen, two recent time-period winners Fox is shifting to TV's toughest night. The crime drama has been strong this season on Wednesdays, and the Gordon Ramsay cooking competition series has grown its numbers every year.

Thursdays, round two

CBS' Harper's Island vs. NBC's Kings

Dueling question marks. CBS' new Agatha Christie-meets-Scream series against NBC's freshman neo-biblical courtesan drama? Normally the fresher idea has the edge, but what's great about these shows is there's nothing like either of them on TV.

Fridays

CBS' Flashpoint vs. Fox's Dollhouse

Like comparing a Buick to a funnel cake. Here's CBS' modestly rated, yet seemingly nuclear-blast-proof Canadian import competing with Fox's fallen midseason angel. After trying Moonlight and The Ex List in the same slot, Friday leader CBS hopes Flashpoint can finally fill this ratings pothole.

With its other weekday slots occupied by more promising titles, Fox placed the softening sci-fi drama Terminator: The Sarah Connor Chronicles and creatively overhauled freshman series Dollhouse onto the Friday wall in hopes they might stick.

REUTERS

ABC brings Scrubs' 8th season to life

TELEVISION Here it is, season eight of Scrubs — the one that never was supposed to happen. Like Diff'rent Strokes more than 20 years ago, the hospital sitcom has defected from NBC to ABC for what is presumed to be its final season. Or maybe not.

The show hits the ground in midseason form after eight months and one change of venue, integrating a new crop of interns with seamless aplomb and again demonstrating how to fuse dramatic elements into a sitcom without breaking a sweat.

It rolls onto ABC with a two-episode premiere assault. First up is an episode featuring the heartless and unethical Dr. Maddox, a new recurring character played by Courteney Cox.

She's surrounded by the usual cast of returning Scrubs players led by Zach Braff along with Sarah Chalke, Donald Faison, John C. McGinley and Judy Reyes. The second episode guest stars Glynn Turman as a dying patient coming to terms with his mortality.

REUTERS

New hi-def TVs to stream Netflix in U.S.

MOVIES LG Electronics will soon launch new high-definition TVs in the U.S. that can screen Netflix movies directly from the internet without an external box. Last year, the DVD rental company and the electronics giant introduced set-top boxes and Blu-ray DVD players with the same software. Netflix also has other partnerships, including one with Microsoft's Xbox 360 to embed the movie software in game consoles.

REUTERS

IntelleVision

Rick McGinnis

WILL RETURN

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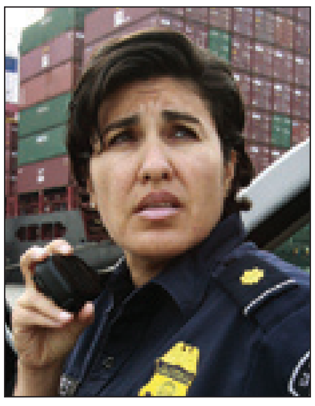
VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/6/09	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses "Pilot" (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	The Biggest Loser One contestant has a health scare. (CC)				Ruby (CC)		News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9	CTV	etalk (CC)	Hollywood	Fringe "Power Hungry" (CC)		(:01) Fringe (PA) (CC)		Law & Order: SVU		News (N)
	-	-	10	OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11	GTV	Entertainment	ET Canada	NCIS "Caged" (N) (CC)		90210 (N) (CC)		Kitchen Nightmares (CC)		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Cold Case (CC)		Law & Order (CC)		(:01) Without a Trace (N)		News (CC)
	253	359	13	CITY	Law & Order: SVU		Scrubs (CC)	Scrubs (N)	Privileged (N) (CC)		Primetime: What Would		EP Daily
	-	-	14	CW	Deal-No Deal	Deal-No Deal	90210 (N) (CC)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	NCIS "Caged" (N) (CC)		The Mentalist (N) (CC)		(:01) Without a Trace (N)		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	The Biggest Loser One contestant has a health scare. (CC)				Law & Order: SVU		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	Extreme Skinny Celebrities		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA		Scrubs (CC)	Scrubs (N)	Primetime: What Would		KOMO 4 News
	-	-	23	KVOS	M*A*S*H	Seinfeld	Straight Out of Brooklyn ★★ (1991) Lawrence Gilliard Jr.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	Steves Europe	Ready Digital	Nova (CC) (DVS)		Frontline (N) (CC) (DVS)		Independent Lens "Helvetica"		Change Your
	290	382	28	FOX	Two/Half Men	Two/Half Men	House "Lucky Thirteen" (PA)		(:01) Fringe (PA) (CC)		News (N) (CC)		Family Guy
	-	364	43	PBS	Frontline (N) (CC) (DVS)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	64	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Skin Secrets
	298	653	65	TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Bring Wall St	Frasier (CC)	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Families (CC)			Will & Grace
news	502	390	26	NW	My Big Fat Diet (CC)		CBC News: The National (N)		CBC News: The National		My Big Fat Diet (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Air Racing		Hockey	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	SportsCentre (Live) (CC)			In This Corner	Heads-Up Poker Champ.		Rodeo: PRCA National Finals		SportsCentre
	411	457	49	OLN	Bounty Hunter	Dakar Rally	Survivorman (CC)		Mantracker "Simone & Mike"		Bounty Hunter	Dakar Rally	Survivorman
	410	403	54	SCR	College Football: GMAC Bowl			Score Tonight		Hardcore Hockey Talk		Final Score	Final Score
	417	406	55	SC	Hot Import	Hot Import	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144	GLF	Footballers	Legends	Gol TV News		Hallo Bundesliga		Paid Program	Art of Football	Gol TV News
family	552	543	25	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50	TEL	Totally Spies	Total Drama	6teen (CC)	6teen (CC)	Misadventures	Futurama	American Dad	Chicken	Gay Couple
	557	541	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar "Flying"	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5	KNO	Gardens	Recreat. Eden	Cola Conquest "The Big Sell"		Unconquered People		General Idea: Art, AIDS		Moscow
	575	583	20	CMT	Hope & Faith	Hope & Faith	Three Wishes (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24	MM	Degrassi	Instant Star	MuchTopTens Top videos.		Punk'd (CC)	Punk'd (CC)	Technical Diff.	Video on Trial	Video on Trial
	600	564	29	H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31	A&E	Manhunters	Manhunters	The Rookies	The Rookies	The First 48 "Lester Street"		The First 48 (CC)		Manhunters
	628	584	32	SPKE	UFC Unleashed		MANswers	MANswers	CSI: NY (CC)		Unsolved Mysteries		Mysteries
	521	560	34	TLC	Jon & Kate Plus 8 (CC)		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate Plus 8 (CC)		Jon & Kate
	616	522	39	SHO	The Outer Limits (CC)		Mutant X (CC)		Testees (CC)	Trailer Park	House "Mirror Mirror" (CC)		House (CC)
	620	523	40	BVO	Diana Krall: Union Station		Law & Order (CC)		Without a Trace (CC)		Smash-Up: The Story of a Woman ★★★		
	601	562	41	SLC	End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade		Trading Spouses		Biggest Loser
	520	505	42	DIS	Toughest Race: Iditarod		Daily Planet (CC)		Destroyed	Time Warp	Toughest Race: Iditarod		How It's Made
	522	506	44	HIS	NCIS "Hiatus" (CC)		Ultimate Engineering (CC)		Ax Men (CC)		NCIS "Hiatus" (CC)		Re-Inventors
	627	528	45	SPC	Destination Truth "Yeti"		Stargate SG-1 "Tok'ra" (CC)		Star Trek: Next Gener.		Star Trek: Deep Space Nine		Star Trek: Ent.
	294	650	47	TBS	The Office	The Office	10 Items-Less	Seinfeld	Sex and-City	Sex and-City	Cheech & Chong: Roasted		10 Items-Less
	619	525	48	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52	FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge (CC)		The F Word		Good Eats
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60	CEN	(6:15) Ace of Hearts (2008)		Darfur Now ★★★ (2007) Premiere.			(:45) The Good Shepherd ★★ (2006) Matt Damon. (CC)			
	581	566	101	MTV	A Double Shot of Love (N)		MTV Live	After	Next (CC)	The City	A Double Shot of Love (CC)		MTV Live
	261	394	102	V	CBC News: the fifth estate		Poltergeist: The Legacy		Calendar Girl ★★ (1993) Jason Priestley, Gabriel Olds. (CC)				Paid Program
	-	-	109	MUL	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Homeland Security USA
It could have easily been a scripted series on a par with "NCIS" or "Without a Trace," but the Homeland Security agents featured in this new series are the real deal. In the tradition of "Deadliest Catch" and other workplace adventure shows, it focuses mainly on border patrol officers as they fight to keep unauthorized people and illegal drugs out of the country. The premiere visits them at work in Washington state and several California locations. 8 PM on ABC



The Mentalist
Obsessed? Who you calling obsessed? In this new episode, a convicted murderer tells Patrick (Simon Baker) that he has information about Red John ... which he'll share as soon as he gets out of prison. Patrick considers this an offer he can't refuse and makes it his personal mission to prove the guy's innocence and get him out of prison, even quitting the CBI to further his goal. Robin Tunney also stars in "Red John's Friends." 9 PM on CBS

Winehouse house of fashion?

Amy Winehouse is becoming a fashion designer, reports London newspaper The Sun. The singer has apparently been bragging that she is already in negotiations with Fred Perry, saying she has already sketched some designs for them. **METRO NEWS SERVICES**

Celebrity Buzz

Uncle Benji dishes about new niece

PEOPLE Harlow Winter Kate Madden won't be a year old until Jan. 11, but her uncle, Benji Madden, already has a warning for potential suitors, people.com reports.

"I'm going to be keeping a close eye on her," Madden, 29, told People about the daughter of twin brother Joel Madden and his girlfriend Nicole Richie, 27. "I'll leave the shotgun right by the door."

People says the Good Charlotte guitarist is thrilled with the way Harlow's parents have been raising her so far. "When they had her, their instincts just kind of came out, and it's amazing to see," he said. "They just really put their child above everything."

METRO NEWS SERVICES

Celebrity scares on New Year's Eve

SCARE Kate Hudson and Mariah Carey spent New Year's Eve amidst bomb threats, femalefirst.co.uk is reporting. Four homemade bombs were planted around celebrity retreats in Aspen, Colo., according to The New York Post.

Goldie Hawn, Nick Cannon and Jack Nicholson are also said to have been in the area, reports the website, adding a local businessman is suspected of planting the bombs.

METRO NEWS SERVICES

David and Nicole a couple?

RELATIONSHIP Eonline.com is reporting that Nicollette Sheridan and David Spade are a couple, noting the two had dinner together on Saturday in the Palazzo in Las Vegas.

"Although there wasn't major PDA, they definitely were affectionate throughout their meal," a source reportedly told the website.

METRO NEWS SERVICES

Kate pregnant?

BABY Kate Moss is reportedly pregnant, according to femalefirst.co.uk

The supermodel — who has a six-year-old daughter, Lila Grace, with ex-boyfriend Jefferson Hack — fuelled rumours she is expecting a baby after she was seen clutching her stomach while on holiday in Thailand with partner Jamie Hince, the gossip website reports.

A source said: "Even though she had a cigarette in her hand, Kate definitely looks as though she's expecting.

"She was walking with Jamie and Lila but kept putting one hand on her stomach — you could clearly see she has a bump there, even though she was wearing a baggy top."

Friends were expecting the 34-year-old British beauty to announce her pregnancy last month when she and Jamie threw a party at her Cotswalds home, the website says.

Prior to the bash, a source close to Kate — who is rumoured to have given up drinking — said: "Kate has been on the phone to all her friends and her assistant has been on the case to her family.

"Kate has had a few big nights out recently but she has been behaving more than usual. Even Simon Cowell said she had a bit of a tummy when she went to watch his show The X Factor."

However, the bash passed with no major announcement, the website reports.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Pete fights paranoia

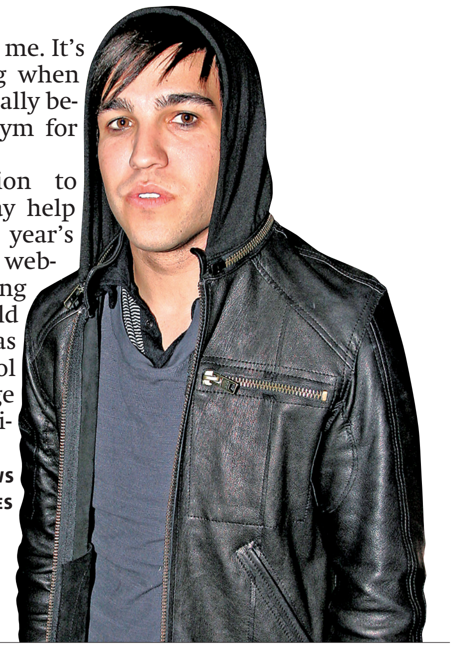
PEOPLE Pete Wentz is always paranoid, according to femalefirst.co.uk. The Fall Out Boy rocker struggles to control his anxiety and says medication no longer helps his problem, the website reports, adding: "I'm paranoid pretty much all the time. I can take three Xanax and not feel a thing."

Pete — whose wife Ashlee Simpson gave birth to their first child, son Bronx Mowgli, in November — also revealed he has stopped reading about himself online because the barrage of criticism gets him down.

He added to Blender magazine: "I was letting the blogs get to me. It's semi-frustrating when your name actually becomes a synonym for douche bag."

Pete's decision to avoid blogs may help with his new year's resolution, the website says, adding the 29-year-old musician has vowed to control his language around his family.

METRO NEWS SERVICES



ScarJo eager to age as actress

CAREER Scarlett Johansson enjoys working with Woody Allen because he doesn't care about her age, femalefirst.co.uk reports.

The 24-year-old star — who has collaborated with the director on three movies, Vicky Cristina Barcelona, Scoop and Match Point — is looking forward to getting older because she believes she will get offered more interesting parts, but says working with Woody has already given her experiences she didn't expect to have at her age.

She explained: "I hope to work with him again. I would do his craft service, really. I feel like we work very well together, because we're very comfortable with each other. Because we're friends, and we challenge each other.

"I'm in a strange kind of age group. But I'm looking very much forward to growing older in this industry, probably contrary to popular belief.

"I feel like there's a lot of opportunity for women that are a bit older than me.

"A lot of the actors that I really admire are probably 10 or 15 years older than me, and just have wonderful opportunities."

METRO NEWS SERVICES

Gwyneth on new year's detox plan

HEALTH Gwyneth Paltrow has embarked upon a post-Christmas detox, femalefirst.co.uk reports. The actress is taking drastic measures to shift the excess pounds she gained over the festive period.

In the most recent e-mail from her goop.com website, Gwyneth wrote: "I need to lose a few pounds of holiday excess. I will be suffering along with you to kickstart my year a bit lighter — good luck to us all!"

According to reports, banned substances in Gwyneth's post-holiday diet include: dairy, gluten, meat, shellfish, all processed food, fatty nuts, potatoes and other related vegetables, condiments, sugar, alcohol, caffeine or fizzy drinks.

However, the 36-year-old actress has warned anyone planning to detox to seek medical advice before starting, adding, "Make sure you check with your doctor before you start any detox. Drink a lot of water."

METRO NEWS SERVICES

Tara 'doing well': Source

PEOPLE Tara Reid checked into rehab last month and is getting her life back together with the help of her family, a source tells people.com

"She's doing well. The whole family is very positive about this being the new beginning for her," says the source, who is close to the family.

Reid decided to check herself in to Promises Treatment Centre, and though she's been in treatment less than a month, her family and friends are optimistic about her future, People reports. "They are taking steps to do everything they can to help Tara keep on the right track," adds the source, who says Reid is expected to check out of the centre shortly. When she entered rehab her rep would not reveal what Reid was being treated for.

METRO NEWS SERVICES

Say no to drive-thru Vegas weddings, Carmen says

ADVICE After a couple of failed marriages under her belt, Carmen Electra feels comfortable dishing out a smart suggestion, people.com reports.

"My advice to anyone is to not get married in Vegas," she told People. "Do not get married at the drive-thru in Vegas, especially. Take your time — enjoy it!"

Electra, 36, adds: "It's important to think out marriage in general because it's a huge commitment. Besides that, I hate to say it, but it's a lot of paperwork and a lot of emotions. It can be difficult."

Electra married former NBA All-Star Dennis Rodman in 1998 and filed for an annulment just nine days later. Now Electra, who also was once hitched to rocker Dave Navarro, is engaged to former Korn guitarist Rob Patterson, 38. But they have no plans to marry any time soon.

METRO NEWS SERVICES

The Weather Network 20 YEARS
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Today Rain 90% 9°/ 7°

Wednesday Rain 90% 8°/ 3°

Thursday Showers 40% 8°/ 2°

WeatherEye... Free App Available on iPhone. The Weather Network

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Take Five

1	2	3	4	■	5	6	7	■	8	9	10	11
12				■	13			■	14			
15				16				■	17			
18			■	19			■	20				
■	■	■	21			■	22			■	■	■
23	24	25			■	26				27	28	29
30				■	31			■	32			
33				34			■	35				
■	■	■	36			■	37			■	■	■
38	39	40			■	41			■	42	43	44
45				■	46				47			
48				■	49			■	50			
51				■	52			■	53			

Crossword across

1 Candle circler
5 Hot tub
8 Sunbeams
12 Land measure
13 It may be faux
14 Curved molding
15 St. Patrick's Day symbol
17 Just adorable
18 Plaything
19 Anger
20 Wool quantity
21 Barracks bed
22 Victory
23 Trivial
26 Takes for a time
30 State
31 Tibetan critter
32 Reed instrument
33 Inhabitant
35 Michigan city
36 2004 horror movie
37 Zero
38 Pointed
41 Tuna container
42 "Indubitably"
45 — contendere
46 Saturday Evening Post cover artist
48 Oil-cartel acronym
49 Ford or Lincoln
50 Additionally
51 It lasts for days
52 Hearty brew
53 Merriment

Crossword down

1 Sail support
2 Siete + uno
3 Salver
4 Height of fashion?
5 Recreational activity
6 Wear a rut in the rug
7 Request
8 Elvis' genre
9 Malaria symptom
10 Bigfoot's cousin
11 No longer hidden
16 Urban disturbance
20 Knight's address
21 Voice of Marty the Zebra in Madagascar
22 Moo goo gai pan pan
23 Young fellow
24 "— Got a Secret"
25 Army rank (Abbr.)
26 Proscribe
27 Sapporo sash
28 Money of North Korea
29 Collection
31 Evergreen variety
34 Use a ray gun
35 Stoolie
37 Mother-of-pearl
38 Frosty's makeup
39 Crosby crony
40 Sheltered
41 Brat's stocking stuffer
42 Holler
43 Differently
44 — gin fizz
46 Nipper's co.
47 Move back and forth

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		3			8	4	
			1	6			5	
1								
	2	8	9		6			7
	7						6	
5			8		4	2	1	
								3
	1			5	3			
	4	3			2		7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	H	E	■	■	W	A	S	■	T	O	U	R
C	A	L	F	■	I	C	Y	■	A	B	L	Y
O	R	S	O	■	T	I	N	■	K	I	T	E
T	E	E	U	P	■	D	O	S	E	■	■	■
■	■	■	R	O	W	■	D	O	T	C	O	M
C	H	A	T	T	E	R	■	S	H	O	V	E
L	A	T	H	■	D	O	G	■	E	V	E	N
A	L	O	O	F	■	D	U	F	F	E	R	S
P	O	P	F	L	Y	■	M	R	I	■	■	■
■	■	■	J	U	A	N	■	A	F	T	E	R
B	E	A	U	■	C	O	G	■	T	H	A	I
E	V	I	L	■	H	U	E	■	H	E	R	S
V	A	R	Y	■	T	N	T	■	■	E	L	K

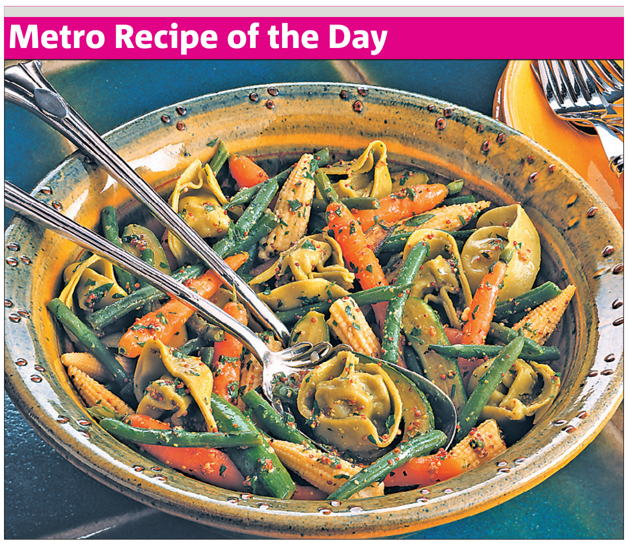
8	2	6	7	5	4	3	9	1
4	7	9	2	3	1	5	8	6
1	3	5	9	6	8	2	4	7
6	9	7	1	8	3	4	2	5
3	1	2	5	4	7	8	6	9
5	4	8	6	2	9	7	1	3
7	8	3	4	9	6	1	5	2
9	5	1	8	7	2	6	3	4
2	6	4	3	1	5	9	7	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min ....Genius
13-17 min.....................Scholar
17-21 min ....Smart
21-25 min ....Not bad
25+ min...........Keep practising

Metro Recipe of the Day



Vegetable Primavera

INGREDIENTS:

1⁄2 lb (230 g) baby carrots
5 1⁄2 oz (155 g) baby corn cobs
1⁄2 lb (230 g) young fine green beans
Salt and black pepper
1⁄2 lb (230 g) baby or small zucchinis
A small handful of fresh parsley
14 oz (400 g) fresh ricotta and spinach tortellini
1 tbsp (15 ml) olive oil
1⁄2 lemon
1 tbsp (15 ml) wholegrain mustard

METHOD:

1. Put a large saucepan of water and a kettle on to boil. Preheat oven to low.
2. Rinse and trim carrots, corn and beans, and cut into short lengths. Plunge vegetables into saucepan of boiling water, add salt, bring back to boil, then simmer for 4–5 minutes, until slightly crisp.
3. Meanwhile, rinse and trim zucchinis. Cut baby zucchinis in half lengthwise, small ones into slices, and set aside. Rinse, dry and chop parsley.
4. Lift cooked vegetables from boiling water with a slotted spoon, put into bowl and keep warm in the oven. Bring water back to boil, topping up with more from kettle if necessary. Add pasta and boil gently for 5–6 minutes.
5. Meanwhile, heat olive oil in large saucepan, add zucchinis and fry, stirring continuously, for 2–3 minutes.
6. Squeeze lemon juice into zucchinis, then add drained vegetables, mustard and salt and pepper to taste. Toss gently.
7. Drain pasta and mix into vegetables. Turn onto warmed serving dish, sprinkle parsley and serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

You Can Think Thin to Get Slim in '09
Reader's Digest
THE HORSE RESCUER

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A boss is defeated by a fanatical person. Be more than eager to praise others. Make a fresh start with an unfortunate opponent.

TAURUS
APRIL 21-MAY 21
Gloomy thoughts will melt away. A woman lets you in on a secret. A tardy guy will stand his ground.

GEMINI
MAY 22-JUNE 21
Don't rely on anyone who lacks good timing. Time will heal all, after a promise is broken. You'll endure overwhelming emotions.

CANCER
JUNE 22-JULY 22
You'll want to talk about hope. A lover's moodiness creates a crisis. Your tactfulness is necessary with a self-indulgent woman.

LEO
JULY 23-AUG 23
You'll have a conversation with a laughing man. Special treatment will make you happy. Pay heed to a coward's request.

VIRGO
AUG 24-SEPT 22
Watch out for crooks. Don't be humble when you get the right idea. Respect will be given when you stand firm.

LIBRA
SEPT 23-OCT 23
Your delicate hopes for love will thrive. Don't thoughtlessly shut out someone who cares. Break down obstacles with your exceptional ideas.

SCORPIO
OCT 24-NOV 22
There will be a pep talk about love. A whiner demands more freedom. A miserable guy needs to find a job.

SAGITTARIUS
NOV 23-DEC 21
You'll find sanctuary from a radical situation. See the wonderful opportunities all around. Now is the time to make a serious move.

CAPRICORN
DEC 22-JAN 20
Somebody's disdainful words will cause incredulity. Guide yourself away from unhealthy diet plans. Don't postpone a medical check-up.

AQUARIUS
JAN 21-FEB 18
A cherished wish finally comes true. Anything is possible if your mind is alert. A woman's chattiness will cause revelations.

PISCES
FEB 19-MARCH 20
Something very special will happen. Prepare for a reaction to your procrastination. Passing the buck will lead to despair.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Is able to extend across, as a bridge (1)
2. Touch Achilles' vulnerable foot part (1)
3. Concealed a tentacled sea creature (1)
4. Which gash? (1)
5. Composer Gustav's U.S. currency (2)
6. Fair-haired woman's wizard sticks (1)
7. Great frightener of one who proves a claim (4)

ANSWERS
1. CAN SPAN 2. FEEL HEEL 3. HID SQUID 4. WHAT CUT
5. MAHLERS DOLLARS 6. BLONDES WANDS 7. VERIFIER TERRIFIER

1-6-09

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MORE THAN COUNTING

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Labratory Technologist

KATHY
Ultrasound Technologist

KAREN
Dietitian

TAMI
Speech Language Pathologist

MANJIT
Health Records Administrator

WILLIAM
Occupational Therapist

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Staff shortages mean longer waiting lists. Government needs to take action.

Tell your MLA: It's time to protect quality public health care by training, attracting and retaining more health science professionals.

HSA
Health Sciences Association
The union of caring professionals
hsabc.org

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